



Frequently Asked Questions:

Why is the Lifestyle-for-Life program important to me?

- 63% of American workers have not seen a doctor in 5 years
- 80% of American workers cannot name their Primary Care Physician
- 50% of health outcomes are caused by modifiable lifestyle factors
- 30% of American workers are pre-diabetic
- 40% of those we test have a health condition that puts them at risk. Of this group, 45% have a newly discovered condition
- Lifestyle-for-Life focuses on your total well-being, connecting you to a broad range of customized tools and resources for being your healthiest.

Is the program HIPAA compliant?

Yes. The HIPAA Privacy Rule permits a covered entity to use and disclose protected health information for treatment, payment, and health care operations activities.

- <http://www.hhs.gov/ocr/privacy/hipaa/understanding/coveredentities/usesanddisclosuresfortpo.html>
- Lifestyle-for-Life is HIPAA, ACA and ERISA compliant.

Who gets access to my information?

You, Interactive Health, and your physician (only with your permission)

Will my results be shared with

Results are 100% confidential – they will not be shared with your employer. We are not testing for drug use or HIV/AIDS. Your Employer will never see your individual results, and your responses won't affect your health care plan or costs.

Why do we need to do a blood draw?

Many conditions are not identified using a finger stick test. Our test looks at 46 critical risk factors. Of the critical health risks we identify, 70 % are from those additional risk factors not captured in a finger stick test.

Questions?



Lifestyle-for-Life® Health Management Program

Lifestyle-for-Life® makes healthy living attainable and health improvements achievable for all. Our wellness program focuses on an employee's total well-being, connecting participants to a broad range of customized tools and resources for being your healthiest.

Know your numbers: Get a Personalized Health Evaluation – Our convenient screenings provide you the information you need to understand your health risks, and take the right steps to maintain and improve your overall well-being. Our comprehensive health assessment can be completed online in 5 minutes at your convenience. Our 38 panel comprehensive screening takes only ten minutes. Screenings are scheduled at your worksites for your convenience. All onsite screenings are conducted by phlebotomists employed by our partner.

Individuals who are unable to attend the worksite health evaluation are able to test at a nearby LabCorp laboratory. Interactive Health is continually expanding their lab network to ensure ease of accessibility to all participants. A package detailing how to schedule your off-site, comprehensive screening will be sent directly to your home.

Take control of your health: Results will be used to create an individual's baseline health score and provide a personalized health report within 24-48 hours. Your personalized health report offers an achievable Personal Health Goal and provides suggestions for how to achieve it. You will gain access to a wide range of health tools that offer a great way to encourage ongoing health engagement throughout the year.

See results: Participants have the option to schedule an additional Biometric Screening after six months to check progress toward their Personal Health Goals.

Set the vision: This is not "one-size-fits all" Wellness program. Paradigm Health Plans works with the entire population. We use the organizations' health profile to better understand the population's most important health needs. We customize our programs to get the right resources to the right people. Our programs work to keep the entire population engaged.

Whether you are healthy and want to stay active, or have immediate health concerns, our programs are designed to be fun and engaging, and to provide you with the tools and information to take control of your own health and well-being.

Our 38-panel comprehensive screening is tailored based on each participant's age, gender, health history and test results, and requires only one blood draw to identify a wide variety of important risk factors, including:

- Cardiovascular disease risks (high cholesterol)
- Complete Blood Count (CBC)
- Glucose (Blood Sugar) and Diabetes
- Liver and kidney disease and functions
- Anemia
- Blood, bone, and muscle disease (including certain types of cancer)
- Uric Acid
- Electrolytes